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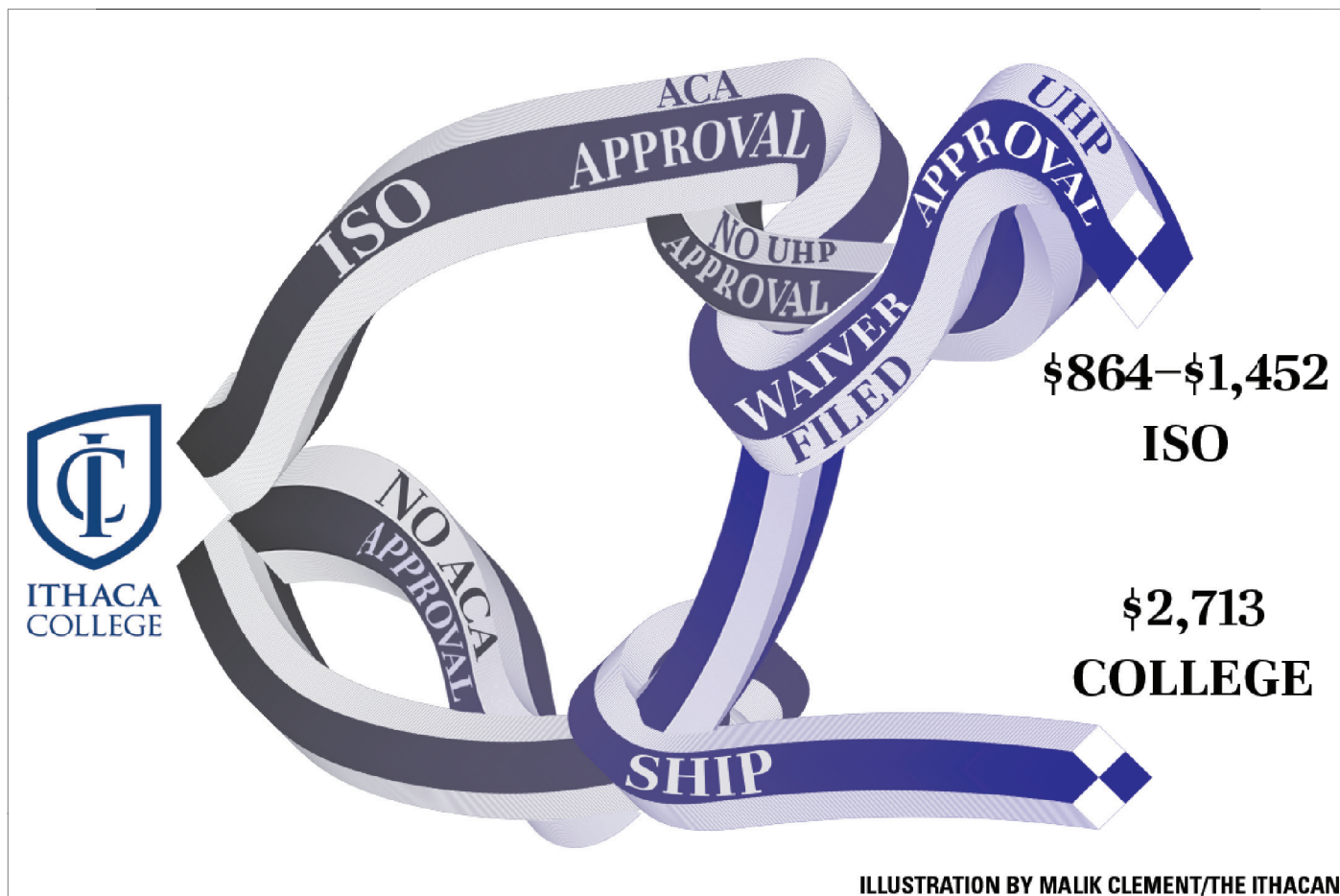
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Insurance policy frustrates international students

BY PRAKRITI PANWAR
ASSISTANT NEWS EDITOR

International students at Ithaca College were confused and frustrated when their health insurance was abruptly denied in Fall 2022 by the college's affiliated health insurance broker. After being provided with a one-time waiver upon inquiring, they were subsequently informed that their insurance will not be accepted from Fall 2023 onwards, which raised concerns over affordability.

With multiple stakeholders and partners involved in the insurance process, international students sophomore Jaqueline T. Pereira, junior Utkarsh Maini and senior Fabiha Khan expressed their wish to receive better communication from the college, the lack of which caused students to be uncertain and annoyed about their health insurance in the first place. At the college, all students are required to have a comprehensive health insurance plan and are automatically enrolled in the Student Health Insurance Plan provided by the college's insurance provider, which is currently MVP Health Care, for an academic year unless students choose to opt out.



INSURANCE, PAGE 4

Netflix starts student streaming struggles

BY JADYN DAVIS
STAFF WRITER

Netflix's end to password-sharing has sparked a debate in the Ithaca College community regarding whether it is the best business practice and how the new rule will impact college students.

Back in 2017, Netflix tweeted, "Love is sharing a password." However, in 2023, Netflix announced that it would put an end to password-sharing by preventing users who do not have the same Internet Protocol address, which helps identify devices that are connected to the internet.

According to The Streamable, every 31 days, secondary users will have to make sure they are connected to the same Wi-Fi as the primary user of the account when logging into Netflix. Netflix plans to implement a new system that will charge users an additional fee for sharing their account with more than two people who do not live in the same household as the primary user.

Junior David Klos, who currently shares an account with his parents who live in Maryland, said many college students rely on account sharing because of the lack of disposable income that they have.

"Personally, I don't think there's anything wrong with sharing an account for something as long as that is fine with both parties," Klos said. "I don't have the opportunity to just go back home every 30 days or so."

Though Netflix has put a hold on ending password-sharing in the United States for now, countries like Canada, New Zealand, Portugal and Spain are currently experiencing the rollout of the new rule.



ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

Since 2022, Netflix has struggled to maintain viewership. According to USA Today, Netflix lost a total of 970,000 subscribers from April to June 2022.

Peter Johanns, associate professor in the Department of Media Arts, Sciences and Studies, said the competition among streaming companies has caused Netflix to enforce tighter restrictions in order to stay afloat.

"Netflix wants to maintain a viable business model in this ever-competing landscape and this is what they have to do," Johanns said. "I think more of the issue is, [Netflix's] non-exclusivity to content, where it used to be the primary place for audiences to go. Now again, places like Peacock, Disney+ and Paramount+ are starting to have the content that used to be on Netflix, and so the audience will go where the content is."

According to Horowitz Research, 71% of people ages 18–24 watched Netflix on a weekly basis in 2022. A survey from Statista stated the percentage of people subscribed to Netflix in 2021 between the ages of 18–34 was 75%.

The percentage also included people who lived in a household with someone who was subscribed to Netflix. In an article from CNBC, Netflix spokeswoman Kumiko Hidaka refused to comment on ways Netflix will support college students who regularly utilize account-sharing with others.

Junior Chess Cabrera, a documentary studies major, said her professor assigned the class to watch and analyze different documentaries for her final project. Additionally, Cabrera said her professor recommended

NETFLIX, PAGE 4

Courses offered dwindle at IC

BY AUBREN VILLASENOR
STAFF WRITER

Across Ithaca College, there are limited course offerings as a result of major curricular revisions and faculty cuts made during the 2020–21 academic year.

In October 2020, La Jerne Cornish, then-provost and senior vice president for academic affairs and current president of the college, announced that the college planned to cut about 130 full-time equivalent faculty members because of a need to "resize the college" after years of declining enrollment.

Every academic program at the college was reviewed by the Academic Program Prioritization Implementation Committee as part of the Academic Program Prioritization process, which began in 2020.

Ultimately, five graduate, 17 undergraduate degree programs, three departments and 116 full-time equivalent faculty positions across the college were discontinued or suspended because of the APP plan. FTE cuts were achieved through attrition — voluntary retirements, departures or the non-renewal of contracts.

The cuts led to widespread criticism by faculty and students alike, including those affecting the former School of Music, now the Center for Music at the School of Music, Theatre, and Dance, as well as other departments across campus.

COURSE CUTS, PAGE 3

Nation & World News

Former President Carter enters hospice care after hospitalization

Former President Jimmy Carter, the Georgia native who is the longest living president in U.S. history, has decided against any further medical treatment and has entered home hospice care, the Carter Center said Feb. 18.

The Carter Center did not elaborate on the former president's condition, but the 98-year-old has endured a host of illnesses as he has outlived two presidents who succeeded him along with his own vice president.

US Vice President says Russia committed humanitarian crimes

Vice President Kamala Harris said the U.S. has concluded that Russia committed "crimes against humanity" in its invasion of Ukraine and vowed that Moscow would be held to account for its actions.

"In the case of Russia's actions in Ukraine, we have examined the evidence, we know the legal standards, and there is no doubt," Harris said in an address Feb. 18 to the Munich Security Conference.

"The United States has formally determined that Russia has committed crimes against humanity. To all of those who are perpetrating these crimes — and to their superiors, who are complicit in these crimes

— you will be held to account."

Death toll rises above 40,000 in Turkey as aftershocks continue

The total number of people in Turkey killed in the devastating earthquake has reached 40,642, the disaster authority AFAD said Feb. 18. Several thousand more died in neighboring Syria. Later on Feb. 18, a 5.3 magnitude earthquake shook southeastern Turkey, in the Kahramanmaraş area, which was affected by the initial quakes.

More than 5,700 aftershocks have been recorded since the original 7.8 magnitude quake hit the Turkey-Syria border region on Feb. 6, AFAD Chairman Yunus Sezer told reporters in Ankara earlier Feb. 18.

Chemical train crash in Ohio shows vacancy at US agency

President Joe Biden has yet to nominate someone to lead the federal agency that regulates the transport of hazardous materials, including the toxic chemicals that spilled following the fiery derailment of a Norfolk Southern Corp train in Ohio on Feb. 3.

The Department of Transportation's Pipeline and Hazardous Materials Safety Administration has been without an administrator since Biden took office in January 2021.



5 million Carnival revelers descend on Rio

King Momo (the symbol of Carnival) Djeferson Mendes da Silva, 34, holds the keys to the city of Rio during the official Carnival opening ceremony at the City Palace in Rio de Janeiro on Feb. 17, for the first time in two years.

MAURO PIMENTEL/AFP

New California bill bans evictions for arrested tenants and families

California tenants and their families would no longer face mandatory eviction or exclusion based on their criminal histories or brushes with law enforcement under new legislation introduced Feb. 17. Assembly Bill 1418 takes aim at local

policies known as "crime-free housing," which can force landlords to evict tenants accused of breaking the law or refuse to rent to those with prior criminal convictions. The rules make it harder for renters to find and remain in affordable housing.

SOURCE: TRIBUNE NEWS SERVICE

MULTIMEDIA

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Students swing together at Jazz Jams club

On Feb. 16, *The Ithacan* ventured into the James J. Whalen Center for Music to hear student musicians perform classic jazz standards with their friends at the IC Jazz Jams club.



COURTESY OF A24

'Deja View' - 'Hereditary' (2018)

Host sophomore Therese Kinirons and guest sophomore Sena Namkung talk about the lack of Toni Collette's Oscar nomination and boy moms in *Hereditary* (2018).



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Store openings and closings create retail instability

BY NOA RAN-RESSLER
ASSISTANT NEWS EDITOR

Since 2019, the City of Ithaca has seen fluctuations in the number of businesses opening and closing.

According to NBC, businesses in college towns across the country shut down in 2020 as students were sent home from their institutions, causing businesses to lose their customer base and their employees.

Businesses in college towns can be reliant on students' presence to support the economy, as students eat at restaurants and buy supplies and clothes from stores in the area. When students were sent home in March 2020 because of the COVID-19 pandemic, businesses experienced a decline that they were unprepared for.

Gary Ferguson, executive director of the Downtown Ithaca Alliance, said businesses move in and out of The Commons all the time.

"Normally there's a churn of businesses every year," Ferguson said. "That's something we expect, and it's part of the normal life of doing business."

Viva Taqueria will relocate across the street from its current location to where the now-closed Pasta Vitto was for five years. La Bodega opened in 2020 but closed in July 2022. In the same year, Trader K's closed after 26 years on The Commons, and Waffle Frolic also closed after 10 years. Currently, Lev Kitchen is temporarily closed because of a second electrical fire — the first was in mid-December 2022 — and



Bed Bath & Beyond, Moe's Southwest Grill and Ithaca's last Friendly's have all closed in the past year, while other businesses have opened on The Commons and in the greater City of Ithaca.

BRENDAN IANNUCCI/THE ITHACAN

Mahogany Grill is now temporarily closed to renew the space.

Kristin O'Scammon, owner of the Alley Cat Cafe, said the cafe has faced struggles since opening in 2018 but has managed to stay open through the COVID-19 pandemic because of its regular customers. O'Scammon said one step that she has taken to help keep customers engaged with the cafe is moving to a new location. While the cafe just moved to its new location on North Cayuga Street in early February, O'Scammon said she has already noticed a difference.

"The space just feels lovely," O'Scammon said. "We get a lot more

foot traffic. ... We are cheerfully optimistic that it is going to be a boon for the business."

Ferguson said that in some cases, a chain store opening or closing can have local impacts, especially if the chain location is owned by a local franchisee. He said Paris Baguette, which opened in August 2022 on The Commons, is owned by a local resident, Yeonseok Song, who bought the rights to use the chain's name at the Ithaca location.

Stores have also been closing outside of Downtown Ithaca, in the greater City of Ithaca. The Ithaca Voice announced Dec. 28, 2022, that the Ithaca location of Moe's

Southwest Grill had closed. That location was owned by an individual franchisee. While the specific reason is unclear, it was the franchisee's decision to close the location.

On Jan. 12, The Ithaca Voice announced that Bed Bath & Beyond in Ithaca would close. In addition to Moe's and Bed Bath & Beyond, Ithaca's last Friendly's also closed in August 2022.

Alyssa Denger '22 worked at a Bed Bath & Beyond store in Pennsylvania for three years in high school before moving to Ithaca. Denger said she appreciates the accessibility of entry-level jobs, like at Bed Bath & Beyond, and recognizes how its

closing can impact residents. "[The closing] sucks because [that] level of jobs are the most accessible for a lot of the student population and the lower income population in Ithaca, which I know is leading to a lot of homelessness and the housing crisis," Denger said.

Ferguson said chain stores closing in an area can be both good and bad for small businesses.

"Sometimes [chain stores closing] has a positive impact because chain stores would otherwise suck patronage that might otherwise go to local stores," Ferguson said. "Sometimes it's the opposite. Sometimes a chain store will be like an anchor for a community."

Sophomore Kayla French said one of the aspects of Ithaca that she loves is the sustainable and artisan stores, especially on The Commons.

French said she is concerned about what the vacancies mean for her favorite shops that remain open.

"I definitely think that it is really sad to see so many businesses are shutting down and there's so many [vacancies]," French said. "I really enjoy going in shops and viewing different types of stores."

Ferguson said the DIA tries to assist with filling the vacant storefronts on The Commons, but it is up to individual businesses to move into the spaces and it is up to building owners to rent out the spaces.

"We're out on a regular basis trying to ... fill various spaces," Ferguson said. "It's just something we try to do to help."

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Course offerings decrease but faculty workload rises

FROM COURSE CUTS, PAGE 1

According to Homer Connect, broken up among different schools in Spring 2019, there were 795 courses offered in the School of Music, Theatre, and Dance; 290 in the Roy H. Park School of Communications; 146 in the School of Business; 1,220 in the School of Humanities and Sciences; and 457 in the School of Health Science and Human Performance. In Spring 2023, there are now 698 courses in the School of Music, Theatre, and Dance, 213 in the Park School, 98 in the School of Business, 624 in H&S and 405 in HSHP.

Dan Breen, associate professor in the Department of Literatures in English, said that with the move to a four-credit model, faculty must revise curriculum.

"In Humanities and Sciences especially, the workload has generally increased because a number of departments have had to redesign their curricula since they no longer have enough faculty to deliver curricula as they existed," Breen said via email. "Faculty retention is, not surprisingly, struggling; in addition to the faculty members whose contracts weren't renewed as a result of APP, a number of other faculty have left the college voluntarily."

In Fall 2022, there was a pianist shortage affecting the Center for Music, and now a continued lack of course offerings impacting the student body across the college.

Junior Evie Morse is a music education major and said the cuts have made it more difficult to for students to register for secondary-instrument courses required for

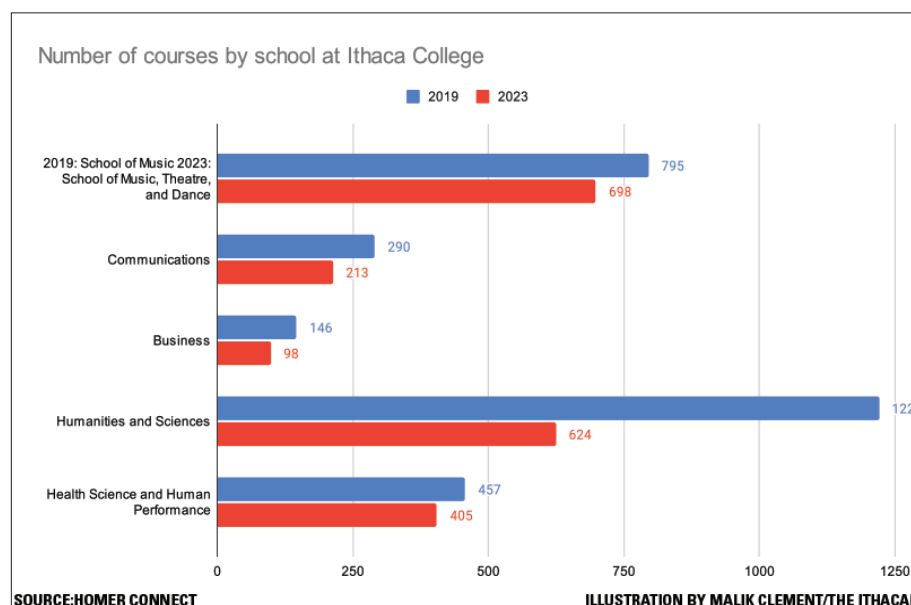
her degree program. "I think it's been hard on the students for registration," Morse said. "It's almost impossible to get into a class now because instead of five sections, there's maybe two now and it's really difficult."

The rise in faculty workload is also felt outside of the Center for Music. According to the Office of Analytics and Institutional Research, in Fall 2019, there were 708 faculty total and in Fall 2022 there were 532 faculty. Ellen Staurowsky, professor in the Department of Media Arts, Sciences and Studies, said she had to step down as the chair of the Faculty Council because of her workload.

"I did that chair role as an overload," Staurowsky said. "I was already maxed out in the fall and then moving into the spring with this almost tripling of enrollment in one [of my courses], along with the fact I was teaching four courses, I literally just ran out of time in the day."

Despite faculty members taking on more responsibilities to make up for the faculty cuts, there is still a shortage of course offerings at the college. The shortage of course offerings is one of the reasons many departments across the college are shifting from a three to four-credit model; students will take fewer courses for more credit, a reasoning Staurowsky does not fully agree with because of concerns about quality.

"Usually, curricular decisions are made on the basis of what is the best curriculum to serve the students," Staurowsky said. "We are making decisions based on the fact that we just don't have enough personnel to deliver the courses."



In May 2021, the college also announced the closure of the Academic Advising Center less than a decade after it was created, with advising responsibilities transferred to faculty advisors, something Morse said only made things more difficult.

First-year student Olivia Malok is an occupational therapy major and said the lack of course offerings has added to the stress of registration, especially for first-year students like herself.

"This is all new to me and I think the fact that the college is changing made it difficult," Malok said. "I got up at the crack of dawn to get into these classes; I didn't get into a lot of them because I just couldn't, like, there was only one class available."

Malok shared those concerns about advising, noting that while her faculty advisor has been helpful, the Department of Occupational Therapy has not been as useful or

communicative about the issue.

"I haven't necessarily heard anything from [OT] regarding registration for classes," Malok said. "They kind of just brush it off a little bit, like, 'Oh, well, it's fine. You'll still graduate in five years, like we'll figure it out'. I don't think that they see it as much of an issue."

Martin acknowledged the challenges of changing the curriculum and supporting students through the transitions. She said in her email that the new curriculum is designed without graduate programs in mind to help alleviate issues students are facing currently.

"Changing curriculum is HARD, and sometimes there needs to be a catastrophic event to get the ball rolling," Martin said via email.

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Insurance brokerage creates campus confusion

FROM INSURANCE, PAGE 1

International students can opt out of the SHIP only if they have insurance that meets standards determined by University Health Plans, an expert brokerage that specializes in risk management for colleges and universities.

Historically, international students have been able to opt out of the SHIP by signing a waiver form and sending their insurance information to UHP for review. Because most international students cannot carry over health insurance from their home countries to the United States, they purchase plans from companies like the International Student Organization. ISO is a health insurance company that specifically creates affordable health insurance plans for international students in the U.S.

Pereira is an international student from Brazil and said she was annoyed when she found out — only upon inquiry — that her waiver was denied because she was not informed that the college is no longer accepting ISO insurance plans.

“Last semester [Fall 2022] I was just so mad because I have health insurance that literally matches all the policies that [the college] require,” Pereira said. “It’s not a really cheap health insurance ... but is much less than the school one and it literally covers everything that I need.”

MVP Health Care, the college’s SHIP for the current academic year, costs \$2,713 for the entire year, from Aug. 10, 2022–Aug. 9, 2023. ISO offers three Affordable Care Act-comparable health insurance plans ranging from \$864–\$1,452 per year, or \$72, \$79 and \$121 per month, depending on the plan. Other factors like deductibles, copays and frequency of medical services impact the total cost one would pay. For the 2023–24 academic year, the college will not be accepting health insurance plans from ISO, which is just one of the seven insurance providers UHP no longer considers to fulfill the college’s standards for insurance.

In Fall 2022, Maini, an international student from India, ended up paying for two health insurance plans because his waiver was first accepted and then denied.

“By that time [Fall 2022], the college didn’t have any kind of communication about changes in health insurance, so I don’t know what happened,” Maini said. “It was really stressful for me because for months, [the money] was completely blocked off for me.”



From left, international students junior Utkarsh Maini and sophomore Jaqueline Pereira raised concerns when they learned their insurance will not be accepted Fall 2023 onward.

UNDARMAA TSERENKHUU/THE ITHACAN

Pereira said that whether or not an insurance plan is compliant with the ACA has not been a reason for denial in the past.

Niraj Jani, senior director of operations at ISO, said international students are not legally required to have an ACA-compliant plan.

Jani said that while requiring students to have an ACA-compliant plan is beneficial, it is not fair to international students.

“The intention for the school was good,” Jani said. “You might have friends who are citizens or residents or even domestic students. They have other options [to get an affordable insurance]. ... But as an international student, you really do not have that option. So it’s not a fair playing ground for you to compare.”

Pereira said she would have no objections to opting in for the college’s insurance plan, even if it was expensive for her, as long as she is told why she must do so.

“If you give me a solid answer, like a very good reason ... I’ll work my ass off to pay this health insurance,” Pereira said. “But if you don’t give me a right answer ... [international students will] struggle even more than we already do.”

Timothy Downs, chief financial officer and vice president for Finance and Administration, said insurance plans should be closely comparable to ACA-compliant plans, even if they are not compliant. An ACA-compliant plan meets the standards and regulations of the ACA, commonly known as Obamacare. An ACA-compliant plan covers 10 health benefits and has no cap on benefits the insured

can receive in a year or lifetime.

Downs said the college is already reviewing the SHIP for the 2023–24 academic year and that communication is key.

“One thing I actually want to drive is the communication and the clarity in this and frankly, the timeliness,” Downs said. “I feel like we’re already a little bit late because by the time we select the plan, we have to communicate it out and I want to make sure we are absolutely communicating to every constituent that’s out there.”

In Fall 2022, the college partnered with Cayuga Health Systems to enhance the services of the Hammond Health Center. One of the main features of this change was that students now have to use their insurance to utilize Hammond Health services after paying a copay.

Jani said there seems to be a discrepancy between the emails that students received and what is written on UHP’s website for Ithaca College regarding a comparable plan versus a compliant plan.

“So if you look at the school’s insurance page ... it says you need to have a comparable plan ... and it directs you to the UHP website,” Jani said. “The UHP website says you can have an alternate plan but it should be through your employer or your parents or sponsors. So it kind of confuses the student. I don’t see anywhere on the school page that it says ACA compliant, but the denials we had received [were] saying that this is not ACA compliant. So, there might be a disconnect somewhere.”

Jani said colleges and organizations that are affiliated can choose to push ACA-comparable insurance as an institution, but re-emphasized that legally, international students are not required to have ACA-compliant insurance plans.

Maini said affordability is an important factor for international students especially because there are some factors that are beyond their control. Maini said via email that these factors

include foreign exchange fees and wire transfer fees which add to the cost.

Jani said ISO was first made aware of the situation of denial through a student whose insurance plan was denied by UHP. Jani said the college worked with ISO and helped students with the issue.

Diana Dimitrova, director of International Student and Scholar Services at the college, helped international students through the waiver process. Dimitrova said she worked with Bonnie Prunty, vice president of Student Affairs and Campus Life, to help international students submit their waiver forms to UHP again and get them approved for the 2022–23 academic year.

Dimitrova said she feels positive about the insurance plan that the college will provide for the future and is working with other members of the college to address the issue. Dimitrova said the lack of communication with students was perhaps caused because of the shift in the college’s health and medical services.

“I am keeping in touch with ... Ms. Prunty and Mr. Downs who are leading these conversations and from my experience with them, they do get it, they do understand and I’m grateful for that,” Dimitrova said. “There was just so much change and it happened relatively quickly for something that was this complicated, and there wasn’t sufficient time for those things to be communicated.”

Khan, an international student from Pakistan, said that when she went off campus to visit her doctor’s office for a routine checkup in New Jersey, she was charged \$300 despite having her MVP insurance and struggled with communicating with MVP Health Care.

“These are 20, 21-year-olds, coming from completely different countries who have no idea about how to deal with insurance because they come from places most likely where healthcare is cheap,” Khan said. “They need a breakdown, they need objective things that show them what their insurance covers and what it doesn’t cover.”

Netflix’s policy affects students

FROM NETFLIX, PAGE 1

the class to use Netflix. Further, Cabrera said professors who assign students content to watch through Netflix, have to find ways to make the content more accessible for students who do not have access to certain streaming services.

“Now, [professors] do really have to go and take it and find a way to put it on Kaltura or one of the other ways that you can show students films, because we’re no longer going to be allowed to use Netflix,” Cabrera said.

Additionally, Cabrera said many longtime subscribers will unsubscribe from Netflix because of how intense the new restrictions are.

“Netflix is now starting to get greedy and people are losing their loyalty,” Cabrera said. “The whole tracking exactly where you are is really intense for just password sharing.”

Senior emerging media major Julius Wijono said that while his professors in his major have provided links to some of the movies and documentaries that are assigned for class, Netflix restrictions will prevent many college students from watching in their downtime.

“I believe that the whole thing is just really ridiculous and just not convenient whatsoever for not just for college students, but for anyone, really,” Wijono said. “I don’t know personally if I would still buy my own Netflix account, I mean, the primary one I use now ... belongs to my dad.”

Jack Powers, professor and chair of the Department of Media Arts, Sciences and Studies, said that the end to password-sharing is something that needs to be addressed in the Roy H. Park School of Communications because of a large number of students and faculty in the school that utilize Netflix.

“It’s been safe to assume students had access to Netflix, or they had a friend who had Netflix and they could borrow the password,” Powers said. “We cannot make that assumption anymore going forward. So we will have no choice. If it’s Netflix that we want students to access, [then] we’re going to have to help them. We’re going to have to provide that access to that. That’s the bottom line.”

Additionally, Powers said that while he predicts that Netflix will try to find a way to help college students, the Park School has to be prepared to accommodate students that cannot afford to pay for Netflix.

“I would imagine a scenario where Netflix is going to have some kind of a deal for colleges and universities for student access,” Powers said. “So, I would not be surprised if something like that comes out in the very near future. So we have to do something, because especially in the Park School, many faculty have students going to Netflix for content. We’re aware of that. And in an era of password sharing, that wasn’t a problem, but now it’s going to be a problem. If students can’t afford to pay, we’re gonna probably have to figure something out. And right now, we don’t know what that is.”

Devan Rosen, professor in the Department of Media Arts, Sciences and Studies, said that it is important for everyone including college students, to pay for the content because he said it does not go against the terms and conditions, but disrespects the content creators’ effort and hard work.

“I’m sure it’s going to be a bummer for a lot of students if they can’t just use their parents’ account to watch free Netflix,” Rosen said. “And I understand that it costs money, but it’s still violating terms of agreement with an organization that needs subscriptions to pay its creators. With so many students at IC headed towards the content creation career path, we should be trying to support creators, not steal their art.”



Diana Dimitrova, director of International Student and Scholar Services, helped students with waivers when their ISO insurance was denied.

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SGC brainstorms campus legislation

BY DOMINICK PETRUCCI
STAFF WRITER

The Ithaca College Student Governance Council met Feb. 20 to hold a bill writing workshop where members discuss ideas and progress updates for bills.

"The spring semester tends to be ideally one of the more productive parts of the year," senior Senate Chair Austin Ruffino said. "These [workshops] are a nice opportunity to let everyone use the time they've set aside to work with others about stuff they're passionate about."

The SGC passed its first bill of the semester Feb. 13, rewriting the Code of Conduct Amendment. Ruffino said he is trying to not focus on the number of bills passed, but the impact.

"Putting a number on it doesn't quantify the work we are doing," Ruffino said. "My sophomore year, SGC passed 40-something bills in which most of them nothing happened. ... These discussions [this year] may not need bills."

First-year student Rishabh Sen, vice president of campus affairs, talked with senior Grace Madeya, president of the student body, and first-year student Matthew Williams, senator-at-large, about adding a representative senate seat for the Students of Color Coalition and for first-generation students.

"I myself am a first-generation student and think a lot of



From left, first-year student Rishabh Sen and sophomore Vincent Tavernese participate in a bill writing workshop Feb. 20 after the SGC passed its first bill at the Feb. 13 meeting.

the considerations about what student life is like here at Ithaca doesn't really think about what life is like for a first-gen student," Sen said.

Senior Maya Scriven, vice president of communications, first-year student Asata Rothblatt, senator-at-large, senior Tessa Kurtz, vice president of academic affairs, and senior Maxwell Powers, senator-at-large, focused on finding ways to increase accessibility on campus, which has been a long-term issue on campus.

This included laying out a structure for how the bill would be written. This bill would have multiple sections, including one on the implementation of an online accessibility map showing which parts of campus are accessible and creating more efficient routes for traveling on campus.

"It's about making accessibility from what we have," Scriven said.

First-year students Dante Conde, senator-at-large, and Caleb Cackowski, senator-at-large,

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talked about the environment with a tree planting and sky viewing bill. Both of these bills aim to improve the natural beauty of where the college is located.

"For a day, all the non-essential lights would be turned off and try to limit as much light pollution as possible in order to get the most out of the night sky," Conde said. "It's important to not only take advantage of the space here but the space above."

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Candidates add to council ballot

BY LORIEN TYNE
NEWS EDITOR

More candidates for the City of Ithaca's Common Council have announced their campaigns for the November 2023 general election, which will reelect all 10 council seats because of redistricting.

The current 1st Ward Alderperson Cynthia Brock announced that she will be seeking reelection for her fifth term on the Common Council. According to The Ithaca Voice, the 4th Ward Alderperson Jorge Defendini, the 4th Ward Alderperson Tiffany Kumar and 2nd Ward Alderperson Phoebe Brown are also running for reelection.

The 3rd Ward Alderperson Jeffrey Barken — who was elected in November 2021 — announced in a personal statement Feb. 12 that he will be resigning from his position in June.

There has been no announcement from 1st Ward Alderperson George McGonigal as to whether or not he will be seeking reelection or stepping down.

Current 3rd Ward Alderperson Rob Gearhart has previously said he is not running for reelection.

Kayla Matos, deputy director at the Southside Community Center, is a new candidate running to represent the 1st Ward.

The 2nd Ward Alderperson Ducson Nguyen was the first to begin his campaign for reelection as an alderperson and 1st Ward Alderperson Robert Cantelmo began his campaign for mayor in January.

Kathleen Bergin is campaigning for the position of Ithaca Town Justice and endorsed six of the candidates currently running for the Common Council.

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Q&A: Assistant professor wins award for cultural study

The Society for Cross-Cultural Research, an international organization, has awarded Amanda Faherty, assistant professor in the Department of Psychology at Ithaca College, the Leigh Minturn Memorial Prize for Early Career Cross-Cultural Research.

Faherty will accept the research award in February in Puerto Rico at the annual SCCR conference.

The SCCR recognizes professionals and students in the social science disciplines of psychology, sociology and related fields. Faherty's current research focuses on how society and culture impact the relationships between parents and children and the development of the children.

Contributing writer Ashan Chandrasena sat down with Faherty to discuss the award and her research.

This interview has been edited for length and clarity.

Ashan Chandrasena: What was it like winning the award?

Amanda Faherty: My initial reaction [to winning the award] was just surprise that I had won it. I think that I have a lot of different research projects up in the air and in the works, but I haven't necessarily been able to complete as many of my research projects as I've wanted to. ... I think that they recognized the constraints that I was under and also my potential for publishing a lot of the studies that I'm currently working on. ... When you go to those conferences, you get to know a lot of the individuals that have won this award in the past and they are fantastic researchers, people that I strive to look up to and to be in terms of a researcher.

AC: What are some applications of the research you are conducting?

AF: Application oftentimes occurs after the research projects. Our work in Guatemala [looks] at parent-child relationships. We've tried to use some of our findings ... to support the researchers and help their training for working with different individuals of different ages, specifically adolescents, and then later as they age. ... I strive to have my research be applied in other ways. [I am] looking at how we could get into different types of youth programs and hold different types of parenting classes.

AC: What do you believe sets your research apart from other entries?

AF: I don't know who the other people who were nominated for this research award are. I think that my research is interesting and also a little bit different in trying to understand the cultural foundations of that parent-child relationship. Oftentimes, we're interested in studying that parent-child relationship and how that relates to well-being; we're also really used to doing it during the periods of childhood and adolescence. I'm looking at emerging adulthood, which is something new. ... In my mind, [parenting] has to be grounded in one's culture to understand what they're valuing, and then what parents would expect out of their children.

AC: What are future areas of research you are looking to extend your work into?

AF: [That's] the fun part of doing research — you get to think about new ways to extend to different populations and even



Amanda Faherty, assistant professor in the Department of Psychology, was awarded with the Leigh Minturn Memorial Prize for Early Career Cross-Cultural Research.

THOMAS KERRIGAN/THE ITHACAN

different ideas. We're starting to look at if there is the existence of emerging adulthood in Guatemala, and so emerging adulthood is this time in the lifespan, 18 to 29, where individuals [are] oftentimes delaying adulthood roles. ... We do see that emerging adulthood doesn't exist in all cultures. ... We're looking at Guatemala, which is a developing country, and seeing if there's any sort of pattern for individuals during this time to delay those adulthood roles. So that's one way I'm extending my research. Another way I'm looking to extend my research is by looking at emerging adulthood in Dubai and seeing what those distinct features are, and then also how their culture is influencing parent-child relationships during that time.

AC: What advice do you have for students or other individuals interested in conducting research in the future?

AF: Ask around for opportunities. I know our psychology department is awesome in that it's a requirement that individuals get involved in research. Oftentimes, people just don't understand what research is, they don't know what it's about. ... [One] of the classes that I teach is our research team. Once you're exposed to research, you learn a lot of skills, even if you're not going to conduct research in the future. Just try to get involved and look for different opportunities.

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COLLEGE BRIEFS

ChatGPT and AI talks continue among faculty and students

From 2 to 3 p.m. Feb. 24 in Gannett 316, the Center for Faculty Excellence will host its second session of small group discussions on artificial intelligence tools like ChatGPT. The first session was from 11 a.m. to 12 p.m. Feb. 21 in Gannett 316. The small group discussions will focus on AI tools as part of learning and teaching methods. Although the discussions are targeted at faculty, the session is open to anybody in the campus community who is interested in joining.

RSVPs on IC Engage are not required, but it is encouraged for participants to RSVP. People who cannot make the session in person can join online in Microsoft Teams's IC Teach Team. Participants will guide the discussion, as there is no set agenda. For questions or to request accommodations contact cfe@ithaca.edu or 607-274-3647.

Professor publishes African art article on Namibian genocide

Paul Wilson, associate professor and chair of the Department of Art, Art History and Architecture, published an article about genocide in Namibia in the early 20th century. The article, titled "Remembering the Herero-Nama Genocide in Namibia," was published in the journal *African Arts*, which studies African art history.

The article focuses on the genocide of the Herero people and the Nama people by German colonizers from 1904 to 1908, as examined through the lens of the Namibian art during that time period. It also focuses on the impact of the art of that time period on the politics and history that gets remembered today. Wilson completed a Fulbright Fellowship in 2018 at the University of Namibia, and based the research for this article on research done during that fellowship.

Sigma Xi honor society open for student and faculty nominations

Faculty members can now nominate students or other faculty members to be inducted into Sigma Xi, a national honor society for science research. Nominations are due March 6. Members are elected based on their research in the fields of science and engineering, and nominations must come from faculty members.

Faculty members can nominate students who have exemplified research either by publishing their research or presenting it. Students must also demonstrate a desire to continue in the field of scientific research in

addition to a high GPA. Faculty members who are nominated by other faculty should have examples of research. For more guidelines, visit the Sigma Xi website at sigmaxi.org. There are two forms to fill out if nominating someone: a local form and a national form. The local Sigma Xi committee will review the local form and forward the national form to the national organization. Faculty nominators do not need to be members of the organization themselves. Forms need to be submitted to asmith@ithaca.edu.

IC library installs Bloomberg terminal for finance information

A Bloomberg terminal was installed on the Ithaca College library's second floor. All students, faculty and staff can use the financial services tool. Bloomberg terminals provide updates on market reports, economic industry changes, finance industry news and more. For more information on the function of a Bloomberg terminal, visit bloomberg.com. Instructions on how to use the terminal are also available on the library's finance subject guide website.

This project at the college was started and maintained by Mejda Bahlous-Boldi, associate professor in the Department of Finance and International Business and director of the Investment Program; Matthew Fox, trading room manager; Jim Bondra, business reference librarian; Ben Hogben, library access services manager; and Chris Ivy, applications administrator in Information Technology.

College Board of Trustees award 15 faculty tenure promotions

The Ithaca College Board of Trustees announced 15 faculty promotions to tenure at its February meetings. The faculty members were promoted from assistant to associate professor.

The promoted faculty are: Kari Smoker, associate professor in the Department of Accounting and Business Law; John Vongas, associate professor in the Department of Management; Lauren Steele and Maria Mejia Yepes, associate professors in the Department of Media Arts, Sciences and Studies; Jen Huemmer, associate professor in the Department of Strategic Communication; Shannon Scott, associate professor in the Department of Occupational Therapy; David Hajjar and Carly Jo Hosbach-Cannon, associate professors in the Department of Speech-Language Pathology and Audiology; Patricia Capaldi, associate professor in the Department of Art; Andrew Torelli, associate professor



Card club hosts an enchantingly fun night

From left, sophomores Holden Prescott and James Flanagan shuffle a deck of cards before the start of their match Feb. 17. The Ithaca College Trading Card Game Club hosted a Magic The Gathering draft in the Taughannock Falls room.

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in the Department of Chemistry; Daniel Visscher, associate professor in the Department of Mathematics; Raul Palma, associate professor in the Department of Writing; Mat Fournier, associate professor in the Department of World Languages, Literatures, and Cultures; Sean Linfors, associate professor in the Department of Music Education; and Kyle Armbrust, associate professor in the Department of Performance Studies.

Positions available on Student Activities Board executive board

There are new e-board and committee positions available on the Student Activities Board. SAB is a student organization that is responsible for organizing Ithaca College's events and programs. There are many different positions open that have different skill requirements, including treasurer, communications executive and events co-chair. Students who are interested in applying can apply on IC Engage, using the form on SAB's page. After submitting the form, applicants will receive more information and instructions via email. The application window closes March 1.

Decisions will be sent March 3. For questions, contact SAB President junior Annalese Winegard at awinegard@ithaca.edu.

Exploratory Program to host Destress Fest before midterms

From 7 to 9 p.m. March 1 in the Exploratory Lounge, the Ithaca College Exploratory Program will host a Destress Fest for some relaxation before midterms. The Exploratory Lounge is located on the second floor of Muller Faculty Center. Snacks and coloring pages will be provided at the event. For those requiring accommodations, contact Ellen Chapman at exploratory@ithaca.edu or 716-342-4632.

All applications due for Peggy Ryan Williams leadership award

Peggy Ryan Williams Award for Academic and Community Leadership applications are due Feb. 23. Juniors and seniors can view more information about the award and apply on the Office of Student Engagement's website.

For questions, contact the Office of Student Engagement at ose@ithaca.edu.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM FEB. 6 TO 12

FEBRUARY 6

FORCIBLE TOUCHING/ NO DEGREE

LOCATION: Textor Circle
SUMMARY: The Office of Title IX reported a person touched another person without consent. Resources and options were offered by the Office of Title IX.

MEDICAL ASSISTANCE/ ILLNESS RELATED

LOCATION: Grant Egbert Boulevard
SUMMARY: A caller reported that a person had fainted. The officer reported that the person was escorted to Hammond Health Center.

FEBRUARY 7

MEDICAL ASSIST/ ILLNESS RELATED

LOCATION: Grant Egbert Blvd. East
SUMMARY: A caller reported a person having a seizure. The person was sent to the hospital by ambulance.

SCC HARASSMENT/ INTIMIDATION/ ENDANGERING

LOCATION: Tower Skyline Drive
SUMMARY: A person reported a verbal argument with two people that occurred in January 2023. This is currently a pending investigation.

FEBRUARY 8

SCC HARASSMENT/ INTIMIDATION/ ENDANGERING

LOCATION: Textor Circle
SUMMARY: A caller reported another person's presence caused alarm. A report was taken.

V&T LEAVING THE SCENE OF AN ACCIDENT

LOCATION: Grant Egbert Boulevard
SUMMARY: A person reported that a vehicle had struck another parked vehicle and then left the area. This is currently a pending investigation.

FEBRUARY 9

SCC TRESPASS/ TAMPERING OFFENSES

LOCATION: The 100 Block of Flora Brown Drive
SUMMARY: A caller reported observing a person entering the Natural Lands after hours. The officer reported that they were unable to locate the person.

PETIT LARCENY UNDER \$50

LOCATION: Tower Skyline Drive
SUMMARY: EH&S reported that a person stole an exit sign. This is a pending investigation.

FEBRUARY 10

PETIT LARCENY UNDER \$50

LOCATION: 284 Lyceum Drive
SUMMARY: A caller reported that an unknown person stole an exit sign. This investigation is incomplete and pending.

PETIT LARCENY UNDER \$50

LOCATION: 334 Grant Egbert Blvd.
SUMMARY: A caller reported that an unknown person stole an exit sign. This is a pending investigation.

FEBRUARY 11

FIRE ACTUAL/FLAME/IGNITION

LOCATION: Grant Egbert Blvd. East
SUMMARY: A caller reported smoke coming from a microwave. An officer determined food caught fire inside and extinguished itself.

FEBRUARY 12

MOTOR VEHICLE ACCIDENT/ PERSONAL INJURY

LOCATION: Other
SUMMARY: A caller reported that a four-car, motor vehicle crash had occurred with one person suffering pain to their back and chest. That person was then transported to the hospital by ambulance.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: College Circle
SUMMARY: An officer reported that a water leak had caused water damage to a heat detector. A report was taken.

SCC HARASSMENT/ INTIMIDATION/ ENDANGERING

LOCATION: Tower Skyline Drive
SUMMARY: A caller reported a person made derogatory statements toward them. The person responsible was referred to student conduct.

Full public safety log available online at www.theithacan.org.

KEY

SCC – Student Conduct Code
V&T – Vehicle & Transportation
EH&S – Environmental Health and Safety

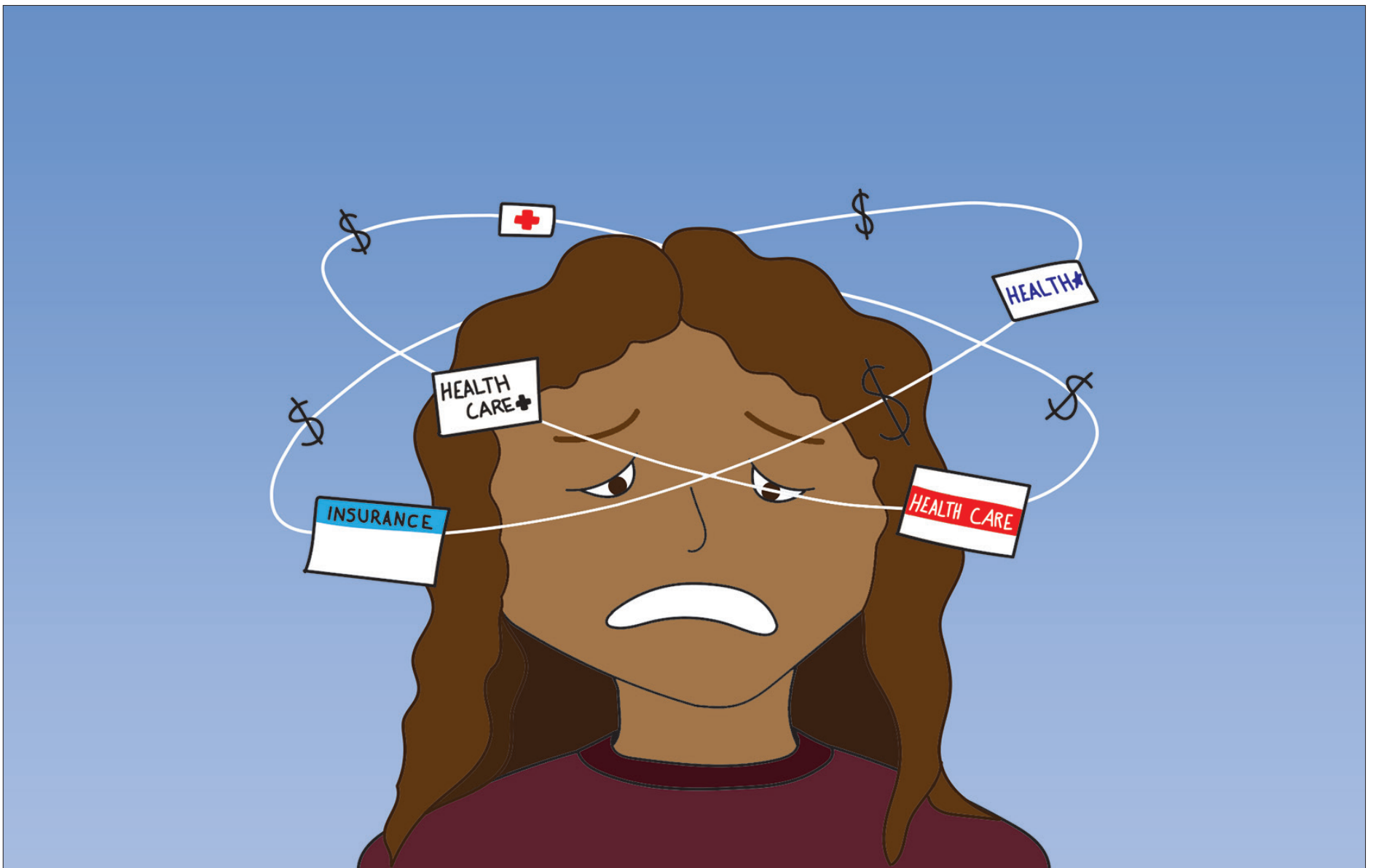


ILLUSTRATION BY GRACE VANDERVEER/THE ITHACAN

EDITORIALS

Insurance changes cause confusion among students

Being an international student is a big commitment that usually induces anxiety at first, and when the college one attends lacks communication skills, a student's experience in a foreign country becomes inferior. In Fall 2022, Ithaca College caused confusion because of poor communication with its international students about an updated Student Health Insurance Plan, insurance that every student is automatically enrolled in. Students are allowed to opt out of the college insurance plan as long as their alternative insurance meets University Health Plans' standards.

For the 2022–23 academic year, the provider for SHIP was MVP Health Care and somehow the same year, alternative insurance plans like International Student Organization that have been used by students before with no complications were declined. No updates were sent to students, but only when international students bought their alternative insurance and tried to opt out of the college one, their insurance

waiver was declined with a note that there have been changes to the insurance plan.

The changes are not clear to understand either. International students received emails from UHP, which stated that insurances like ISO are not compliant with the Affordable Care Act. As a result, waivers of many international students have been declined. The college's website, on the other hand, says that it has to be compliant with the college's plan.

Not having clear information on the college's health insurance changes financially harmed many international students. Some students had to purchase the college's SHIP after paying for the alternative that was declined. Other students got a one-time waiver form that allowed them to use their alternative insurance. It is understandable that rules can be a matter of change, however, after they occur, everyone, or at least the group that is going to be affected by it, has to be notified. The college should not let its international community suffer financially because of its poor communication skills.

Closed stores could open doors for local businesses

The truth about closing businesses is that they have not only negative, but also positive impacts. Ithaca has had shifts in multiple businesses closing and opening since 2019. Some local businesses, like Pasta Vitto, Waffle Frolic and chain businesses, like Burger King, Friendly's and Moe's Southwest Grill, have closed.

The COVID-19 pandemic does not directly have much to do with these stores closing down, except for causing the loss of customers. Inflation, on the other hand, does affect businesses. Depending on the type of business, the harms inflation causes may differ. Demands for the businesses might fall that are not necessities. Costs of utilities, wages and raw materials rise, causing businesses to concentrate only on their higher-margin goods.

However, inflation is not the only cause of failing businesses. It is not odd for businesses to close frequently, especially if they

are small businesses. Unfortunately, 49.7% of businesses fail only five years into the work. It certainly is unfortunate to see local businesses fail when they are the better environmental alternatives to chain stores. Even though there are many steady stores in Ithaca, many businesses still come and go all the time.

Some chain businesses closing should be viewed as a positive outcome because fewer chain businesses give more space for local ones to expand around Ithaca.

Local businesses are not only better for the environment, but create more local ownership, have better selections and invest in local prosperity. Local businesses support each other and create more job opportunities, unlike chain stores. After all, businesses fail and succeed all the time, and it is up to consumers to decide which business will succeed. So, let's pick local businesses that will bring more good than harm to our communities.

LETTER TO THE EDITOR

Send to ithacan@ithaca.edu.

ALL LETTERS MUST:

- Be 250 words or fewer
- Be emailed or dropped off by 5 p.m. Monday in Park 220

GUEST COMMENTARY

Send to ithacan@ithaca.edu or to the opinion editor nhakobyan@ithaca.edu.

ALL COMMENTARIES MUST:

- Convey a clear message
- Be written by an individual or group who has an educated opinion or is an authority on a specific subject
- Be between 650–750 words. Whether more or less space is allotted is at the discretion of the editor

GUEST COMMENTARY

Editor's Note: This is a guest commentary. The opinions do not necessarily reflect the views of the editorial board.

The lives that IC administration chainsaw massacred

BY FAE DREMOCK

FORMER ASSIST. PROFESSOR

In January 2021, 116 full-time equivalent faculty members were cut from Ithaca College. Among those were non-tenure track (NTEN) faculty on 3–5 year appointments with advisees and research students, serving on committees in their departments or across the college. These NTEN faculty had every expectation of continued renewal, and some of them had been at the school for over 20 years. Some had just been renewed for another 3-year appointment. Some had been recommended for conversion to tenure; some had been promoted to associate.

Shortly after the draft cuts were made public and the call for feedback went out, I was told by Melanie Stein, the former dean of the School of Humanities and Sciences, that my position would be terminated. Even though the time for feedback and comments had, in fact, barely begun — these NTENs were all called in one by one and terminated.

We were told the college was sinking from pandemic debt, the administration were taking pay cuts, this was the only way through and so on. We were all suffering — those who were kept as much perhaps, as those thrown

in the trash.

But all the talk of sharing the burden, of administrators taking serious pay cuts — well, it was a trainwreck, but it sounded necessary. But in January 2023, the new 990s made a mockery of ethics in those terminations.

Former president Shirley M. Collado made more in 2021 per month than I made in any year of my employment. I won't go into the math of that. Others, notably Thomas Pfaff, professor in the Department of Mathematics at Ithaca College, and senior Elijah de Castro of *The Ithacan* have done this well.

Instead, let me go into my own story. In 2014, I was hired as a brand new Ph.D. from Mississippi. I was cut from the faculty the same semester that I won a faculty excellence award. My student evaluations were solid. My classes filled up. I was a diversity hire: a Latinx who grew up in Texas poverty. Students of color and students who were marginalized found me, took my classes, worked with me, became my advisees. I worked with Sandra Steingraber to develop the preliminary grant proposal for a climate justice research center. She has since left.

I left Ithaca in June 2022, the month after my last semester of teaching. I have had interviews since leaving. But my age interferes. Now,



Fae Dremock, former assistant professor in the Department of Environmental Studies and Sciences, shares her story from faculty cuts in 2021. She relates how being cut massively affected her life.

FILE PHOTO/THE ITHACAN

just eight years since my hard-won Ph.D., I am jobless.

The Ithaca College budget cuts led to the loss of my inclusion in a community of environmental students and alumni, the very sad loss of colleagues — and the loss of a job it took years of my life to qualify for.

I turned 60 during my doctoral program, I competed against younger candidates to get my job at Ithaca College and I worked hard to pull students on Zoom screens through

the pandemic. I made a difference in the lives of students for the eight years, with the intention of another ten. I taught with the very strong, innovative and dedicated faculty in the ENVS Department.

The college repeatedly says, “Students are our why.” But the NTEN faculty it terminated were strong, caring teaching professionals rooted in the hearts of their departments.

Yet, the Collados of the world continue to make more per month

than many of us will ever again make in a year or perhaps even in a decade.

This is the end of my Ithaca College story, but the knives used in this massacre remain sharp. And the perpetrators of this massacre have become budget heroes.

Fae Dremock (she/her) is a former assistant professor in the Department of Environmental Studies and Sciences. Contact her at fdremock@gmail.com.

GUEST COMMENTARY

Editor's Note: This is a guest commentary. The opinions do not necessarily reflect the views of the editorial board.

Green consumption alone will not save the Earth

BY JAKE BRENNER

PROFESSOR

Do you recall the first time you were identified as a “consumer?” I was labeled a consumer in fifth grade by my social studies textbook. Maybe you, too, have been labeled a consumer. For me, “consumer” was a peculiar and abstract way to think of myself. I had not considered my consumption habits, so, at first, my new identity did not make a lot of sense. OK — I’m a consumer — wonky social science speaks for a person. Whatever.

That was the 1980s. Fast-forward 35 years. I’m now an environmental science professor, and I’m feeling anxious about the worsening environmental crisis, the injustice of it all and my role as a consumer. We are told that consumption is more than just part of the problem; in many respects, consumption is the problem. At the same time, we are told that a “greener” version of consumption can save the environment. What is green consumption, and what are its prospects for getting us out of our environmental predicament? Can we really buy our way out of this mess?

First, we need to correct some myths about consumption. Consumption is a fact of human life. Consumption is not something you can opt out of, and for most people in the world, it is not something easily or reasonably reduced. That said, as an inheritor of extraordinary privileges, my consumption habits are disproportionately detrimental to the environment. For example, my per-capita carbon emissions are high relative to most other people in the world. Redressing historical inequalities in opportunity is baked into the logic of the United Nations’ Sustainable Development Goals and the “common but differentiated” responsibilities in the UN’s climate accords.

In contrast with consumption, consumerism is the ethos of buying stuff beyond one’s needs. It is not a universal human tendency, but a particular outcome of colonization and global capitalist expansion. It is consumerism that is being indicted by environmentalists while also being promoted as a solution to environmental problems.

Green consumption works according to three basic principles. First is incentivizing, rather than regulating, pro-environmental behavior. People do not like being prohibited, but they do like being rewarded for the choices they make. Let’s incentivize pro-environmental choices. Second is leveraging willingness to pay. Sure, many people cannot pay that higher price for organic, free-range, fairly traded this or that. But there is probably someone around who can. Let those consumers signal the industry that there is market support for their pro-environmental investments. Third, green consumption rewards efficiency in production. Consumer choices and the market apparatus that surrounds them can produce better stuff at lower prices with less waste through increased efficiency. All three of these principles are not exclusively the domain of green consumption, but they are consistent with a neoliberal, or market-based, way of thinking about environment-society relationships.

Opponents point out that the context in which green consumption takes place is still capitalism — a system inherently unequal and exploitative of the environment as well as society’s most vulnerable. Green consumption is prone to “greenwashing:” the exaggeration or false marketing of products that are not really any more environmentally benign than their conventional counterparts. Buyers beware of terms like “all-natural” and “eco-friendly.” There is no system in place to back up the



Jake Brenner, professor in the Department of Environmental Studies and Sciences, clarifies the myths about green consumption and says it is not a solution to the crisis.

ANA MANIACI MCGOUGH/THE ITHACAN

eco-labeling. On the other hand, some eco-labels are governed by elaborate certification schemes. For example, “USDA Organic” is a label with legal teeth provided by the United States federal government. “Fair Trade” and the “FSC” certification of the Forest Stewardship Council are governed by global networks of non-governmental organizations. Even these eco-labeling schemes, however, are no silver bullet. They can exclude smaller-scale and historically marginalized producers with the costs associated with certification and oversight.

Green consumption may well be part of the solution to our shared environmental crisis, but it cannot save the environment all by

itself. None of us alone can green-consume our way to a happier environmental future for all. Go ahead and buy that greener alternative product if you can. But do not feel guilty if you can’t. Remember that there are plenty of other ways to make a difference. Green consumption must be part of a broad-based, multi-pronged initiative that also involves advocacy, political participation, community-building, corporate accountability and a real and durable commitment to equity and social justice.

Jake Brenner (he/him) is a professor in the Department of the Environmental Studies and Sciences. Contact him at jkbrenner@ithaca.edu.

Students swing with evening jazz



Sophomore Martin Lowry plays the drums during one jam session at Jazz Jams. The club gets together every Thursday in the James J. Whalen Center for Music.

RAY MILBURN/THE ITHACAN

BY ELIZABETH KHARABADZE

CO-LIFE AND CULTURE EDITOR

Walking through the James J. Whalen Center for Music, one can be greeted by a harmonious blend of instruments and vocals. In the evening, however, a group of students occupy the Brown Family Jazz Chamber Music Room, tied together by one thing: jazz.

Swaying in equilibrium between slow tunes and upbeat tempos, the Ithaca College Jazz Club hosts Jazz Jam sessions every Thursday night at 9 p.m. Students of all musical backgrounds can take part in a unique opportunity for music makers and enthusiasts to enjoy an evening of bop, swing and funk.

The club's activities were not always confined to a small room in Whalen, however. In a previous iteration, the Jazz Club performed at Towers Eatery, formerly known as Towers Marketplace. COVID-19 restrictions put a hold on the club's public performances, leading the sessions to resume on a smaller scale.

Leading the club is a tradition passed down from senior to senior. For the 2022–23 academic year, senior Drew Martin has taken up the mantle of leading the group. Martin said jazz has always been a love of his — influenced by saxophonists Dexter Gordon and Sonny Rollins, as well as participating in jazz programs like Jazz at Lincoln Center.

Part of the charm of Jazz Jams, Martin said, was to reintroduce people to jazz as a versatile genre. According to the National Museum of American History, the genre

took the early 20th century by storm in the United States — blending ragtime, marches and blues with the multiculturalism of New Orleans to create a new sound altogether. From there, jazz developed a variety of sub-styles, including bebop, cool jazz and hard bop.

"I don't get upset, I just ... laugh because it's like you have an undiscovered passion for jazz, you just haven't found it yet," Martin said. "Or you haven't realized that it's actually really cool. Many people don't realize that a lot of the music that we listen to now was influenced by jazz."

Jazz music also plays an important role in Black culture, with many early jazz songs serving as outlets for Black voices during the Civil Rights Movement. According to the Civil Rights Museum, many Black artists used jazz to help build community. Among these, Nina Simone's "Mississippi Goddam" served as a response to the 1963 murder of

First-year student Chris Rakeman plays the cello during a Jazz Jams session Feb. 16.

RAY MILBURN/THE ITHACAN



Sophomore Andrew Woodruff joins in with other members of the Jazz Club's Jazz Jams. One of the club's goals is to share the love of jazz music with others.

THOMAS KERRIGAN/THE ITHACAN

activist Medgar Evers, Duke Ellington composed instrumental pieces that evoked the emotions of the Black freedom struggle and Ella Fitzgerald chose to honor Martin Luther King Jr. with her single "He Has A Dream."

Students in Jazz Jams collaborate to explore jazz they want to explore, Martin said.

For an hour, students are able to play any assortment of jazz standards, a catalog of songs commonly played in jazz.

In many instances, the songs have not been rehearsed prior to the

music are not only felt among the club's participants. Junior Sarah Flynn said she often comes to listen in on the jazz sessions but does not actively participate in them. For Flynn, she said that the experience of being an audience member at Jazz Jams is often more freeing than being an audience member at a more classical performance.

"Being an audience member there is very different from being an audience member at a wind ensemble concert or something," Flynn said. "They're very open to applause after solos and cheering on and everything. So it's just really, really casual and really fun."

Classical music culture is very prevalent in music society. Yet, according to the New York Times, the percentage of people attending classical music performances is on the decline — with only 8.6% of adults attending concerts.

Extensive concert etiquette for classical music performances pose another barrier to attendance, with rules on how to dress, when to arrive and when to applaud. Jazz concerts, on the other hand, are



RAY MILBURN/THE ITHACAN



First-year student Matthew Hastava plays the saxophone with others at the Jazz Jams session. The club is open to all students, regardless of musical experience.

THOMAS KERRIGAN/THE ITHACAN

jam session, but rather allow the musicians free reign to jump in and play or sing whatever they are comfortable with.

The collaborative nature of the sessions is what first-year student Grace Gonoud said drew her to Jazz Jams initially. As a music education major, Gonoud said the club offers her an opportunity to try out as many instruments during the jam sessions as possible — anything from clarinet to saxophone.

"Everyone is super, super supportive," Gonoud said. "That's something I really like about it. Even if you are just starting out on your instrument [and] you're like, 'Hey, I kind of like jazz. I want to come and play.' It's a really great spot to do that. And it doesn't matter what level you're at. You could be a near professional ... or just starting out freshman like me, and either way, it's, like, super fun. There's a space for you."

First-year student Matthew Hastava, a music education major, said he was drawn to the club by how freeing the experience of playing music on his saxophone with others was.

"The cool thing about jazz is that when we go in there, nothing is planned," Hastava said. "[You] just feel a connection and you just go with the vibe."

Deep passion and understanding of the

experiencing record attendance. According to Secret New Orleans, the city's 2022 Jazz Fest saw an uptick of 475,000 attendees — bouncing back up to pre-COVID-19 attendance levels despite being canceled in 2020 and 2021.

Another goal of Jazz Jams is to move away from the rigid nature of performance and allow its participants freedom. Part of that, sophomore Zachary Neidhardt said, was allowing everyone to play — regardless of major or musical background.

"I think everyone should get to play," Neidhardt said. "If you know how to play an instrument then come play because I think there's no greater joy than just making music with people."

As the musicians pack up at the end of each session, students walk out of the room just a little closer to one another — which Neidhardt said reinforces the idea that music is for everyone.

"Whalen sometimes makes it very challenging for people who aren't within the music school to make music," Neidhardt said. "I want to see that change desperately because some of the best musicians I know aren't a part of the school. That's why I think this club is doing something great."

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Students learn new languages in conversation groups

BY LILY LIPKA

STAFF WRITER

The soft sounds of chatter fill the air as Ithaca College students talk in their target language about everything from movies and pop culture to world events to the dating scene in Ithaca during weekly language conversation group sessions on campus.

The Italian and Spanish conversation groups on campus, known as Chiacchiere, which means chat or talk in Italian, and Tertulias, which means social gatherings or meetings to discuss current events in Spanish, consist of weekly sessions in which students are able to speak in the language they are learning in a more informal setting than their classes. Chiacchiere and Tertulias are the only two language groups currently running for the 2022–23 academic year. In the past, there have also been French and German language groups.

Marella Feltrin-Morris, associate professor in the Department of World Languages, Literatures, and Cultures, oversees Chiacchiere. Feltrin-Morris said the group was formed by members of the Italian faculty and has been around for as long as she has been at the college.

The purpose of the organization is to allow students opportunities they would not otherwise have to practice Italian.

“Obviously, if we were in Italy or in a place with a significant Italian population, the students would go out of the classroom and immediately have a chance to speak,”



From left, sophomore Marlena Bailey and senior Alonso Gonzalez Reynaud discuss food during the Tertulias conversation group meeting. The group aims to help students practice speaking Spanish.

GABRIEL BIENNAS/THE ITHACAN

Feltrin-Morris said. “Being here, it’s clearly not as easy, so this will give students the opportunity to talk about either the class, material or practice conversation on various topics on a regular basis.”

According to an Intercom post from Feb. 17 advertising the Tertulias, the weekly conversations allow students to practice skills they have already gained at the college in a more relaxed environment.

Gladys Varona-Lacey, professor in the Department of World Languages, Literatures, and Cultures, is the organizer and advisor for the

Spanish student-led discussions. She said that the Tertulias are a way to supplement learning that students are doing in the classroom.

“[The purpose for students is] to enrich what they have learned and help them attain fluency,” Varona-Lacey said.

Varona-Lacey said there is no requirement for students learning Italian to attend Chiacchiere. For 200-level Spanish courses, students must attend at least four Tertulias by the end of the semester.

Both groups are led by students who are native speakers

of the languages this semester. Members of Chiacchiere have not always been able to find native Italian-speaking students to lead the group, but this semester they did, Feltrin-Morris said. The Tertulias have always been led by native Spanish speakers and will continue to be during Spring 2023. The current discussion leaders are senior Alonso Gonzalez Reynaud who leads the 300-level Tertulias and senior Isabella Orrego Madrinan who leads the 200-level Tertulias.

Gonzalez Reynaud has been involved with the Tertulias since

Fall 2020. Prior to his current position leading the 300-level group for advanced Spanish students, he led the 200-level group for intermediate students. Which group that students participate in depends on either their level of fluency or the corresponding level of the Spanish class they are taking. Chiacchiere, on the other hand, is not separated by levels. Gonzalez Reynaud said he particularly likes meeting and becoming acquainted with new students.

“Honestly, we don’t discriminate here,” Gonzalez Reynaud said. “If you’re having trouble somewhere, I always step in to help. ... It’s very relaxed. Some students even come here that don’t even know how to speak Spanish and we still end up having a good time.”

Orrego Madrinan began working with the 200-level students at the start of the Fall 2022 semester. She said she found it to be a positive experience because she enjoys working with other students.

“I genuinely like just being able to speak Spanish with other people and have them engage or teach other people the language,” Orrego Madrinan said.

Chiacchiere meets on Tuesdays from 1 to 2 p.m. and on Wednesdays from 4 to 5 p.m. in IC Square. The Tertulias for the 200-level courses meet Tuesdays at 12:10 p.m. and Thursdays at 7 p.m. in Friends 205. The 300-level group meets every Tuesday at 7 p.m. and Thursday at 12:10 p.m., also in Friends 205.

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Q&A: Retired professor releases new book of poetry

Mary Gilliland, a former professor of Cornell University and the Ithaca College Department of Writing, released a new collection of poetry in December 2022, “The Devil’s Fools.”

Gilliland is the author of two previous poetry collections, “Gathering Fire” (1982) and “The Ruined Walled Castle Garden” (2020). Much like the interdisciplinary writing courses she taught as a professor, her newest collection merges myths with epidemics, environmental crises and musings on marriage.

Contributing writer Rowan Keller Smith spoke with Gilliland to discuss “The Devil’s Fools” and her career as a writer.

This interview has been edited for length and clarity.

Rowan Keller Smith: Would you like to tell our readers a bit about yourself and your new poetry collection, “The Devil’s Fools”?

Mary Gilliland: The book is ... a collection of poems that has several different concentrations ... [that] include weaving new myths out of old ones. There is also a stretch of poems that were occasioned by a residency that I had in Scotland. That was such a joy to go there because that’s my ethnic background and I had never been there. ... And so, there are poems that are set in holy places in Scotland, but then also poems about this excruciating modern experience of, in a sense, having a business approach to what happens when there’s a crisis. There are also poems about marriage and long-term relationships. I could go on. ... and there’s a little bit of play with the concept of the devil and the devil’s fools and who exactly that is.



Mary Gilliland, former professor in the Ithaca College Department of Writing released her new book, “The Devil’s Fools.” The poetry book touches on environmentalism.

ELIJAH CEDEÑO/THE ITHACAN

RKS: What is the story behind the title and how did you come to choose this title?

MG: There’s a poem in “The Devil’s Fools” in which I was playing with the kinds of things that happen when you’re at a desk and you’re writing and it’s terribly hot, shall we say? And it’s hard to concentrate, ... and then the oppression of the heat wave, the poem’s actually called “Heat Wave.” ... Anyway, to go to the Greek mythical poems, the poem about Odysseus is really sort of ironic about his decisions. And so, gradually, I think with all the human foibles that accumulate in the book, we’re all walking around being the devil’s fools in a sense.

RKS: You retired from teaching at both Cornell University and Ithaca College to dedicate your time to writing entirely. How has your writing process changed since retiring?

MG: The wonderful thing is that there’s time and space for it. ... I did not want to go near teaching, but in Ithaca, there’s a certain way to make a living and teaching is a big one of those, and so it just started happening. ... I was a very devoted teacher, I loved working one on one with my students and with their words. I would say that the main change in the process is that when I wake up in the morning, I’m free. And I know that and that’s most times where I go, is to whatever is

happening on the page.

RKS: Are there any moments in time where you have found yourself finding the most inspiration from a certain topic?

MG: There are many forms of inspiration or ways of inspiration. When I was at that little place in Scotland on that residency, I was writing about Egypt where I had been a few years before. I don’t sit down and say, “I’m going to write about this.” It’s like the language starts and it eventually tells me what I’m writing about. There are great moments of inspiration as I’m revising and editing. My process for a poem is I get it started and then I’ll go back to it, and I’ll go back to it, and I’ll go back to it. These are probably intervals at every day for a sequence of days, or I’ll deliberately not look at it for a while. ... Sometimes the greatest joy of inspiration is the surprise that comes in.

RKS: How would you say this book differs from your past work?

MG: The question sort of assumes that a poet starts a career by publishing fairly young and then bringing out another book every few years. But I kept poetry a vocation rather than going the career route. ... I’ve been finishing reams of interrupted poems as well as writing new ones. Thus, I am free to pull and arrange each collection, thematically and tonally, from poems composed in many different years rather than from those written during a confined chronology. That said, this fall, a chapbook of mine will be published that’s radically different: a continuous poem that continually plays with form.

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Paramore is back and better than ever

ALBUM REVIEW: "This Is Why" Atlantic Records



BY JADYN DAVIS

STAFF WRITER

Six years after Paramore's last album, "After Laughter," the American rock band released its sixth studio album, "This Is Why."

Since the 2005 release of its debut album "All We Know Is Falling," Paramore has had a strong presence in the music industry with edgy and upbeat songs, like "Misery Business" in 2007 and "Ain't It Fun" in 2013.

In "This is Why," the group reflects on the current state of the world after the COVID-19 pandemic and expresses frustration in the lyrics. Lead singer Hayley Williams, along with guitarist Taylor York and drummer Zac Farro, put together an album that shows maturity and understanding of life.

The opening title track, "This Is Why," starts the album with a strong message of self-control in regards to someone inserting their opinion. The lyrics, "If you have an opinion / Maybe you should shove it / Or maybe you could scream it / Might be best to keep it / To yourself," can cause the listener to question whether they should speak up or stay silent. The rush of the guitar is sure to pump up the listener for the rest of the album.

"This Is Why" continues with the second track, "The News," which itself is reminiscent of the band's early 2000s punk rock

sound. Williams' voice matches the intensity of York's guitar and Farro's drum. The lyrics, "Every second our collective heart breaks / All together, every single head shakes / Shut your eyes, but it won't go away," can allow the listener to relate to how difficult it is to hear news sometimes; especially if it is something that continues to go on.

One of the highlights of the album is "C'est Comme Ça" because of how Paramore is able to play with language. C'est comme ça is French for "it is what it is." Incorporating another language into a song can be risky, but can be successful if done correctly. The song has a fun, catchy beat and part of that is the repetition of "C'est Comme Ça" in the chorus.

The second half of "This Is Why" has a calmer vibe than the first half. Songs like "Big Man, Little Dignity" and "Figure 8" are influenced by the genre yacht rock, which can take the listeners back to the '70s and '80s. This part of the album also shows Williams' vocals off extremely well as she allows herself to sing more, as opposed to singing more aggressively.

"Liar" is a song that can catch the attention of the listener with the sweet, melodic sound of Williams' voice, along with the softer-sounding guitars and drums. In "Liar," Williams opens up about her dishonesty in one of her past relationships. The



From left, drummer Zac Farro, vocalist Hayley Williams and guitarist Taylor York make up the rock band Paramore.

COURTESY OF ATLANTIC RECORDS

lyrics, "Oh my love / I lied to you / But you always knew the truth," and "Love is not an easy thing to admit / But I'm not ashamed of it," shows how mature Williams is by coming to terms with her mistake.

"Crave" is a nice follow-up to "Liar," as Williams expresses her passion for love. The slow and relaxed vibe of the song can allow the listener to immerse themselves into the track.

The album ends off strong with "Thick Skull," which has a very cinematic feel to it. The

slow and emotional song allows each member of Paramore to shine bright as they put their all into this final song. "Thick Skull" starts small but becomes more intense as the song continues.

Overall, "This Is Why" still has Paramore's punk rock vibe from the 2000s but with a more mature view on many aspects of life, like love, conflict and pain. Many longtime fans of Paramore now have an album that matches the place they are in their lives.

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POPPED CULTURE

DC films face uphill battle

BY EVAN MILLER

STAFF WRITER

In October 2022, the hierarchy of power at DC Studios underwent a massive shift with the announcement that James Gunn and Peter Safran were being handed over the reins as co-chairs and co-CEOs to the major intellectual property of Warner Brothers.

In the final hour Jan. 31, Gunn and Safran revealed to the world what the future of the turbulent superhero entertainment universe would look like.

Quite possibly the most significant reveal was that Gunn is penning the script of a brand new Superman film, which will be titled "Superman: Legacy." While most of the announcements point toward a reset of the DC Universe over the next few years, nothing of the sort has been confirmed as of yet. The fates of actors like Gal Gadot and the troubled Ezra Miller are currently unconfirmed.

It is undeniable, though, that the future is bright. After all, Gunn himself is responsible for some of the only critically-acclaimed projects from the property since it first began. From a creativity standpoint, there is no one that fans should trust more than him to set the franchise back on track to in any way be the competitor to Marvel Studios that David Zaslav, Warner Brothers Discovery CEO, wants it to be.

The slate announcement itself should give fans an enthusiastic vote of confidence because it presents a cohesive and developed plan for the next several years. Up until now, this is something that had been overly lacking throughout the last 10 years. Gunn and Safran know where their priorities should be. They understand that they have an uphill battle ahead of them to regain the trust of moviegoers after the countless critical and financial disappointments.

However, the immediate road ahead is not cleared of potential bumps. The studio's next major release after a sequel to the critically successful "Shazam" is the "The Flash," starring Ezra Miller.

Since April 2020, Miller has been arrested twice, charged with assault and burglary and been accused of kidnapping and grooming a minor, among other offenses. In August 2022, a representative of Miller's released a public statement saying that they were beginning to seek help for their "complex mental health issues."

Even though the needs of the studio are secondary to Miller's mental health, Warner Brothers and DC are now in a position where they have a major upcoming release that is entirely unmarketable around its main star. Regardless of whether the movie ends up living up to its enormous expectations, Gunn and Safran will have to decide Miller's future in the role once the film is released.

While Safran has said that he is supportive of Miller's recovery and that discussions about the best path forward will be had when the time is right, it is clear that Miller must be let go from the role. If they are not, Warner Brothers will be setting a discouraging and dangerous precedent for the film industry.

POPPED CULTURE is a column, written by Life & Culture staff writers, that analyzes pop culture events. Evan Miller is a senior journalism major. Contact him at emiller11@ithaca.edu.

Tale of lost donkey brings empathy and compassion

MOVIE REVIEW: "EO" ARP Sélection



BY PATRICK MAZZELLA

STAFF WRITER

Despite the development of a vast canon since the creation of motion pictures, not many live-action fiction films tell stories through the eyes of an animal. It can be hard for audiences to connect with a story in which the main character does not speak or use facial expressions to show emotion or communicate at all, even more when what dialogue is present in the film is in Polish and Italian, but this year's Polish Academy Award selection truly breaks the mold. "EO" is one of the most haunting and beautiful films in recent memory.

The story of "EO" is an eclectic one. The film follows a donkey, the title character Eo, who is taken from his life as a circus performer and away from his owner, Kassandra (Sandra Drzymalska). Eo travels across Europe and meets a collection of unique personalities and characters, some good to Eo, some not as much. The film largely works as an anthology, depicting the stories of many different people along Eo's path, but there is a high level of focus on the between moments, like the times in which Eo is walking along the countryside or when he's stowed away on a truck.

Co-writer and director Jerzy Skolimowski expertly uses seemingly discreet scenes and

stops on Eo's journey as building blocks to set up a truly impactful story upon reflection. Skolimowski's fierce command of the ever-shifting mood between the anthological moments that Eo sees on his journey is an impressive feat, especially when crafting it through the eyes of an animal. Between the final shot and the credits, Skolimowski asks the audience to reflect on the treatment of animals, both within the film and in real life, questioning if these beings receive the respect and care that they need to thrive. The violence against animals within the film becomes the basis for Skolimowski's call to action in the end, a call to protect the wildlife that has been harmed so deeply by human industry and carelessness.

Skolimowski and his co-writer Ewa Piaszkowska do not seem to be attempting to create one narrative throughline with this story, with the exception of Eo's presence in the scene. Abstract in much of its form, Skolimowski, alongside cinematographer Michal Dymek, are able to immerse audiences in Eo's world with the camera, despite only using a few POV shots. The film utilizes many different insert shots, throughout the transitional scenes to give audiences a clue into all of the vast textures and points of view that enrich the audience's understanding of this brave new world Eo is facing.

The other formal elements of the film



The story of "EO" follows the donkey Eo as he is taken away from his owner.

COURTESY OF ARP SELECTION

are also ones to note. The editing is precise and offers a simple rhythm that allows audiences to quickly fall into the contemplative cadence of the film. Each "episode" throughout offers a similar structure that becomes almost expected by the end. And the score by Pawel Mykietyn is an incredible piece of composition even on its own, with many of the tracks deserving multiple listens. Mykietyn strikes an impressive balance between the discordant feeling of the film and the innate beauty in the image.

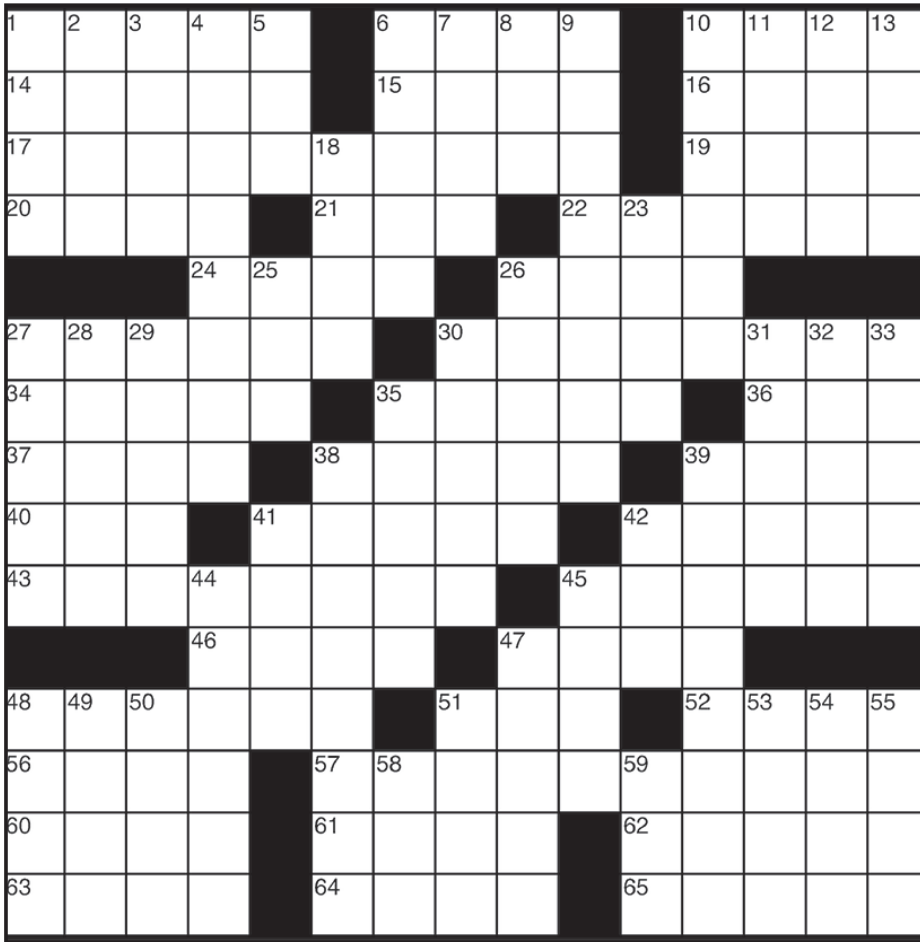
Although this film is certainly not for everyone, it is imbued with empathy, passion and care for the natural world. It is a film worth watching for its formal elements alone, but the true balance that Skolimowski strikes between melancholy and hope and conveying it to the audience through a lead that cannot speak is the most impressive feat about this film.

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DIVERSIONS

crossword

By Quill Driver Books



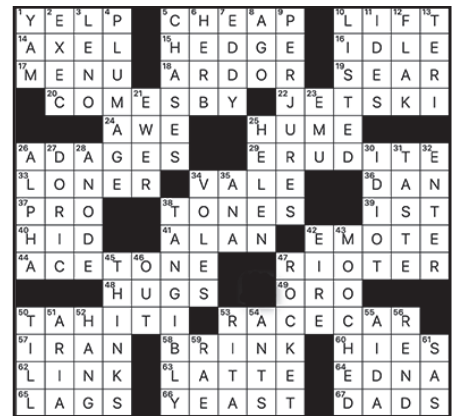
ACROSS

- 1 Worse than bad
- 6 Smack
- 10 Advanced degs.
- 14 Castle or Dunne
- 15 Highway fee
- 16 Walk unsteadily
- 17 Deserving of contempt
- 19 Popular cookie
- 20 Before
- 21 Misstate
- 22 Nearly
- 24 Hoople expletive
- 26 Footfall
- 27 Ascended
- 30 Hissing
- 34 Tag
- 35 Custards
- 36 Clingy seedpod (var.)
- 37 Not new
- 38 Dragging into court
- 39 Dry and withered
- 40 Sch. near Harvard
- 41 Some Iraqis
- 42 Pursue
- 43 Not out of the question
- 45 Came into view
- 46 Loch — monster
- 47 Gravy no-no
- 48 Eerie feeling (2 wds.)
- 51 Was on a jury
- 52 Spigots
- 56 In charge of
- 57 Mediterranean casino town (2 wds.)
- 60 Big party
- 61 Rocker — Clapton
- 62 Unmuddled
- 63 — Flintstone
- 64 Former frosh
- 65 Go to the rink

DOWN

- 13 Job opening
- 18 Outfitted
- 23 Hires out
- 25 Hairstyling goo
- 26 Reaches across
- 27 Economic downturn
- 28 Timex competitor
- 29 Is a party to
- 30 Playground gear
- 31 Hardhat's support (hyph.)
- 32 Nanny
- 33 Money-hunger
- 35 Rolls tightly
- 38 Includes in a larger category
- 39 Conversation about one's business
- 41 Chicken style
- 42 Web suffix
- 44 Caught
- 45 Banjo ancestor
- 47 Door fastening
- 48 Remove, as a hat
- 49 At any time
- 50 Leap in a tutu
- 51 Scissors sound
- 53 Field
- 54 Survey chart
- 55 Achy
- 58 Galleon cargo
- 59 Vaccine amts.

last issue's crossword answers



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answers to last issue's sudoku:

medium

4	1	8	6	3	9	2	5	7
6	9	7	1	2	5	3	8	4
5	3	2	7	8	4	1	9	6
7	5	1	4	9	2	8	6	3
2	8	9	3	5	6	4	7	1
3	6	4	8	1	7	9	2	5
1	7	6	2	4	8	5	3	9
8	4	5	9	6	3	7	1	2
9	2	3	5	7	1	6	4	8

hard

2	4	9	6	5	3	7	1	8
5	8	3	7	1	9	4	6	2
1	6	7	8	4	2	5	3	9
8	3	4	1	6	7	2	9	5
9	7	1	3	2	5	8	4	6
6	5	2	4	9	8	1	7	3
3	1	5	2	7	6	9	8	4
4	2	8	9	3	1	6	5	7
7	9	6	5	8	4	3	2	1

sudoku

very easy

		9	1	4				
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medium

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SPORTS

THURSDAY, FEBRUARY 23, 2023

13

**MORE THAN
JUST A GAME**
MBA STUDENTS PUT TOGETHER
PANEL ON MENTAL HEALTH
FOR COLLEGIATE ATHLETES



From left, senior Haverford College midfielder Nate Rose defends against graduate student attack Blake Eischen on March 8, 2022.

ANA MANIACI MCGOUGH/THE ITHACAN

BY TESS FERGUSON

ASSISTANT SPORTS EDITOR

As student athletes trickled into Emerson Suites on Feb. 21, a panel of seemingly unrelated guests shared the stage, and five of Ithaca College's MBA students had the opportunity to watch the event they had been planning since August 2022 come to life.

The panel event, entitled "Strong Bodies & Minds," was organized by graduate students Christian Bassi, Blake Eischen, Brady Lynch, Luka Radovich and Sophia Titus as a part of the MBA program in collaboration with South Hill Entertainment, the college's production company staffed entirely by students. All of the group members except for Titus are also student-athletes at the college.

The event — including Connor Buczek, Cornell's men's head lacrosse coach, Katie Lever, former Division I distance runner from Western Kentucky University, and Blaze Riorden, Premier Lacrosse League goalkeeper — allowed the three elite athletes to share their experiences and advice regarding the pressures of high-level sports with a new generation of student-athletes.

Lynch, who is a member of the college's

women's basketball team, said the aim of the project stemmed largely from the lack of applicable advice on mental health that student-athletes are generally offered.

"There are so many mandatory mental health events and meetings that [athletes are] supposed to do, but how much of that is actually helpful?" Lynch said. "Our goal was [to] create more of an interactive, candid environment where people can just have a conversation with these panelists and gauge their input."

In a conversation led by Greg Shelley, senior director of sports leadership and mental conditioning at Cornell University, the three panelists reflected on their time competing in hopes of offering the audience some valuable pieces of advice in terms of staying mentally healthy while pursuing collegiate athletics.

Whether it was body image, injury psychology or disordered eating, the panel touched on countless topics that have been plaguing student athletes. A survey conducted by Daniel Eisenberg, a professor at the University of Michigan School of Public Health, found that 33% of all college students experience significant symptoms of depression, anxiety or other mental health

conditions. Among that group, 30% ask for help. However, of collegiate athletes with mental health conditions, only 10% seek some sort of support.

For Eischen and Bassi, two members of the college's men's lacrosse team, having Buczek and Riorden participate on the panel made the project that much more personal to them. Bassi said that, as a goalkeeper himself, the opportunity to work with Riorden was something he could never pass up.

"When we got [Riorden] on board, I was just so excited to work with him," Bassi said. "Being in that same position on the field ... there were some things I knew I had to pick his brain about."

Goalkeepers across all sports often have a very different relationship with their respective games than their fieldplayer teammates. In 2009, former NHL goalkeeper Justin Goldman launched The Goalie Guild, a nonprofit foundation dedicated to supporting the mental health of hockey goalkeepers.

Riorden, who has competed as a goalkeeper professionally since 2016, said that although his position in the cage can get isolating, it has always been his teammates who have kept him grounded.

"You show up to college by yourself and within one day you have 47 brothers," Riorden said. "Being able to look around the locker room and knowing that all these guys are feeling the same hardships after a loss or a hard day at practice ... knowing that they're all in it for the same reason I am, is something that brings me a lot of comfort."

Buczek, a decorated Cornell 2015 graduate who recently led his team to its first NCAA Final Four since 2013, said that knowing the event is coming from within his own community gives him some confidence that the mental health conversation is moving in the right direction.

"As a guy who's been a part of the Ithaca lacrosse community for a long time, it's really exciting to see these student-athletes taking that next step forward and having these important discussions on a stage like this," Buczek said.

Buczek said that when Bassi had connected with him during the fall semester, he was thrilled to get involved with the panel and shed some light on an integral part of the sports world.

"[Mental health] is a topic that's not discussed nearly enough and it's certainly something that needs a little more attention, so I was happy to get involved," Buczek said.

Similar to the local connection with Buczek, the students were first introduced

to Lever through Ellen Staurowsky '79, professor in the Ithaca College Department of Media Arts, Sciences and Studies. Titus said when Staurowsky had given the group a list of potential panelists, she knew Lever's expertise would be valuable to the project.

"[Lever] is a former D-I athlete and now she's getting her Ph.D. studying NCAA rhetoric around mental health," Titus said. "She brings such a cool insight because not only has she been a student-athlete and a published author, but she's literally becoming an expert in this field."

At the event, Lever said that putting herself out there has played an important part in her adjustment to life after sports, and that her participation in the panel was a result of that effort.

"I still love to challenge myself and step out of my comfort zone, it's something I crave especially as a retired college athlete," Lever said. "Doing something like this gives me the opportunity to step onto that kind of platform again and see what I can do."

Riorden's involvement, however, came from a more familiar connection — he is engaged to Titus's cousin. Titus said that when she reached out to Riorden, he was already prepared to get to work.

"When I asked [Riorden] if he would be interested, I didn't want him to say yes just because we're family," Titus said. "He understands how important mental health is to young athletes and it's a cause that he's truly connected to. He hasn't done anything like this before, so he really was excited to jump in."

At the event, Riorden was able to expand upon his time competing at the professional level and how his time with the Premier Lacrosse League has impacted his life outside of lacrosse.

"One of the biggest things I've learned as I've gotten older is that the most growing you'll do is by learning from other people and their experiences," Riorden said. "Using other peoples' experiences to be able to manage my own has been huge in my growth on and off of the field."

For Titus, building mental strength as an athlete is part of practicing self care. Although much training focuses on the body, the mental aspect of sports can be just as important to those playing it.

"We want athletes to know how to take care of their whole self," Titus said. "The last thing they need is an Achilles' heel in their brain."



From left, Union College senior guard Kendall Degenhardt tries to pass the Bombers' graduate student forward Brady Lynch defends in a game Feb. 3.

ANA MANIACI MCGOUGH/THE ITHACAN

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Forward dominates final portion of basketball season

BY BILLY WOOD

STAFF WRITER

As the Ithaca College men's basketball regular season came to an end, graduate student forward Luka Radovich went on a tear through the Liberty League.

To end the season, Radovich recorded six straight double-doubles — tallying double figures in two statistical categories — between Feb. 3 and 18 and led the team in scoring for six of the last eight games.

Radovich has been a constant force for the Bombers this season. He has only dipped below double figures in points three times in 25 games and has recorded over 20 points 11 times. Radovich also leads the team in points, averaging 18.4 a game for the third-best mark in the Liberty League. In addition, he recorded the Liberty League's highest single-game points total of the season, recording 40 points against Keystone College on Nov. 15.

Radovich said the inspiration for his latest success was the realization that his time on the court is coming to an end after two seasons with the Bombers. Radovich transferred to the college in 2020 after spending two years at Fordham University.

"I've been playing basketball my entire life and it's come down to this last couple of months," Radovich said. "Coming into this season, I knew this was going to be my last time ever playing organized basketball, and I just wanted to make the most of it."

Radovich shot 49% from the field

and 36% from three this season, while averaging 8.4 rebounds. He said he knows he has a special skill set and uses it to his advantage.

"Most of the [big men] in our league are just kind of strict big men," Radovich said. "I can get at the top and either pump-fake and drive or just shoot if [my defender is] not there in time."

Junior guard Noah Downing said he has felt the impact of Radovich's play on the team and said how much Radovich's diverse skill set as a 6-foot-6-inch forward with efficient shooting allows his teammates more flexibility in their style of play.

"We complement each other really well," Downing said. "Obviously, he can shoot and handle the ball, which is very unique for a guy that plays the five and being that size. It opens up the game for me because they're so worried about him, [so] that opens up more shots for me."

Radovich's impact on the team's success can be found on both sides of the court. Head coach Waleed Farid said Radovich has taken a big step in his defensive game since last season and has grown in his mentality.

"His mindset in terms of, 'I'm gonna play hard every single play,' I think it's obviously there," Farid said. "I think he's improved a lot defensively. . . . His buy-in and effort on the defensive end has helped him be able to allow our team to play faster, get more possessions and open up things for him to play his game."

Both Farid and assistant coach Matthew Smith noted the energy Radovich played with over the last few

games of the season. It has also been noticed by Downing, who said the team and Radovich have been showing a lot of drive down the stretch.

"We see the opportunity we have and all of us are a lot more locked in," Downing said. "I can see [Radovich] showing a little more emotion when he's making a good play or teammates are making a good play, and I think everyone is really excited when something goes right for someone else."

Radovich and the Bombers will be going into the Liberty League playoffs as the top seed in the tournament for the first time since 2011, looking to bring home another title to the college, with the semifinal game at 8 p.m. Feb. 24 in the Ben Light Gymnasium. With this being Radovich's last opportunity to grab a conference title, he said he knows he will be playing for his dad, who introduced him to the game.

"I've been playing basketball my entire life and I know how much it means to him," Radovich said. "He's coached me my whole life. The past couple of games I've been talking with him so much, he's been telling me, 'You're killing it.' I've been making him proud. Before every game, I tell myself I know who I'm doing this for and it's always him."

One of the things the Bombers take pride in is how close the team is to one another. Radovich said this roster is the closest team he has ever been a part of and it would mean everything to win a title with them.

"The one team that I can say was as close as this one was my senior



Bombers' graduate student forward Luka Radovich, No. 30, shoots around Clarkson University senior forward Teddy Fravel, No. 44.

AIDAN CHARDE/THE ITHACAN

year high school team, and that's because we went to a small school and we all grew up together," Radovich said. "To have that type of camaraderie and closeness with a group of guys that I've only known for two years — some of them only one — that is something really special and I can say that I really value that."

As the clock ticks down on his time as a Bomber, Radovich said he

has been enjoying himself more on the court and is trying to savor the last games of his college career.

"It really hit me a couple games ago right before I started getting all the double-doubles," Radovich said. "I only have like three or four weekends left of true basketball, so I really wanted to turn it up."

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Football coordinators leave program for Division I

BY FLYNN HYNES

CONTRIBUTING WRITER

After a historic undefeated season from the Ithaca College football team, the Bombers are seeing a pair of coordinators jump ranks in the college sports world.

The college's offensive coordinator Sean Reeder has announced that he will be leaving the team and has accepted an offer as the tight ends coach at the Division I University of Pennsylvania, which competes in the Ivy League. In addition to this, defensive coordinator Trevor Warner has left to be the safeties coach at Stony Brook University, which competes in the Colonial Athletic Association, also a D-I program.

The Bombers' offense proved that it was no joke this season, as Reeder led an offense that averaged 385.6 yards and 37.2 points per game. In four seasons, he demonstrated a key role in transitioning from the offensive line coach to the offensive coordinator. At UPenn, Reeder will also reunite with former Bomber head coach Dan Swanstrom, who left after the 2021 season.

Head coach Michael Toerper said via email that the football organization as a whole will continue to support Reeder and hope for success in his future.

"We are grateful for Coach Reeder's contribution to Ithaca football," Toerper said via email. "He has accepted an opportunity that will help propel him towards his career goals and we are all happy for him."

Losing both coordinators will be a big change for the Bombers as several seniors will be returning to play another season. Senior tight end Jon Crowley, one of the returners, said that he is sad to see Reeder leave, but he thinks the team dynamic will not change too much.

"I think that the chemistry will remain

strong for sure," Crowley said via email. "We've been playing together for 4 years already so we all know each other very well. Obviously, Coach Reeder is a big loss, but we're all so familiar with one another that the chemistry won't change."

On top of offensive production, the Bombers' defense had a strong season. The South Hill squad only allowed an average of 14.38 points per game and was ranked No. 9 by the NCAA for their pass-efficiency defense in all of Division III.

In addition, three defensive backs were placed on the All-Liberty League First Team Defense under Warner in 2022: seniors Anthony Robinson and Derek Slywka and graduate student Michael Roumes.

Similar to Reeder's position, Toerper explained that he was grateful to have Warner on the staff. Warner joined the team in 2019 as the defensive backs coach and special teams coordinator before being promoted to defensive coordinator after the 2020 season.

"Coach Warner will also be moving on to a positional role within a [Football Championship Subdivision] program," Toerper said via email. "We are thankful for his efforts here at Ithaca and wish him nothing but the best."

Slywka, who will also be returning in 2023, echoed Toerper's statement, saying that he is sad to see Warner go, but said the caliber of defense will only continue to improve.

"Coach Warner has already put in so much time with the defense," Slywka said. "A lot of these players are stepping up from [junior varsity] or playing a bigger role next season and have already been developed a lot through the efforts of coach Warner. Coach Toerper should be able to develop us even further as he has had experience being the safeties coach at the Division I football program [the College of the Holy Cross]."

Toerper said the program has a history of



From left, the Bombers' former offensive coordinator Sean Reeder and defensive coordinator Trevor Warner both left the program for Division I opportunities.

PHOTO ILLUSTRATION BY NOLAN SAUNDERS/THE ITHACAN

great assistant coaches in the past. Not only that, but the team has proven that it can fill the gaps in key positions after experiencing the withdrawal of Swanstrom last year. In his first season as the head coach, Toerper achieved a 12–1 record, Cortaca Jug victory and a D-III National Quarterfinals appearance.

Senior quarterback A.J. Wingfield said via email that the offensive coordinator is now associate head coach Mike Hatcher. Hatcher has experience being the offensive coordinator at other schools and served as the interim head coach in 2022 after Swanstrom left the program until Toerper was named as his replacement.

On top of that, Slywka said Toerper will be filling the role of the defensive coordinator. He explained that Toerper has experience in the past and is qualified for this role based on his previous jobs before his current position.

"Coach Toerper should step in and coach the defense," Slywka said. "Coach Toerper played safety in college and was previously our defensive coordinator."

However, Toerper said in an email to *The Ithacan* that he would not comment on anyone being named a coordinator, as nothing has been finalized.

Crowley said the team seems sad to see the coaches go, but at the same time, it is both confident and ready to play next season.

"It's a bittersweet feeling because, on one hand, we'll miss Coach Reeder and Warner," Crowley said via email. "However, we're very excited for the next coordinators to step up. We're very excited to get back on Butterfield next year."

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THE BUZZER

The Ithacan's breakdown of Ithaca College's week in sports

ATHLETE OF THE WEEK CAMERYN NICHOLS/GYMNASTICS



Senior Cameryn Nichols dismounts from the balance beam, where she topped the results of the event at the Harriet Marranca Invitational on Feb. 19, in the Ben Light Gymnasium. Her performance slipped past a three-way tie for second place.

ANA MANIACI MCGOUGH/THE ITHACAN

COMPETITION OF THE WEEK WOMEN'S SWIMMING AND DIVING



Sophomore Abigail Ignagni races the 200-yard breaststroke in the NCAA B-Final during the Liberty League Championship on Feb. 18, where the Ithaca College women's swimming and diving team earned its fourth consecutive conference title.

GABRIEL BIENNAS/THE ITHACAN

EVENT TO WATCH



ITHACA

VS.



SUNY
CORTLAND

4 P.M. MARCH 1 VS. CORTLAND AT HIGGINS STADIUM

In its second home game of the season, the No. 10 Ithaca College women's lacrosse team welcomes the No. 13 SUNY Cortland Red Dragons to Higgins Stadium with hopes of extending its current three-game win streak against the team. The game will mark the first ranked competition in both teams' schedules and will set the tone for the spring as the Bombers aim to build on the lofty standards they set last season. The women closed out 2022 with a 17-4 overall record after falling to the No. 6 Franklin and Marshall Diplomats in the third round of the NCAA tournament.

NOTABLE UPCOMING COMPETITIONS

MEN'S AND WOMEN'S DIVING: Both teams will be attending the NCAA Regional Championships Feb. 24-25.

MEN'S AND WOMEN'S BASKETBALL: Hosting the Liberty League semifinal games Feb. 24 vs. the Rensselaer Polytechnic Institute and the championship games Feb. 26.

WOMEN'S LACROSSE: 1 p.m. Feb. 25 vs. SUNY Brockport.

MEN'S LACROSSE: 4 p.m. Feb. 28 vs. Lycoming College.

QUOTE OF THE WEEK



"We want athletes to know how to take care of their whole self. The last thing they need is an Achilles' heel in their brain."

- SOPHIATITUS
Graduate student on her MBA panel event: "Strong Bodies & Minds."





Junior Adriana Sulca enjoys a day of snow tubing at Greek Peak Mountain Resort on Feb. 18 as a part of a field trip hosted by the Outdoor Adventure Residential Learning Community. The Outdoor Adventure RLC hosts several events throughout the semester aimed at challenging students to connect with the environment.

ABBY BRADY/THE ITHACAN